



VITAL NEWS

Dates to Remember:

By Kwang Soo Sam Hong

- 2013 Idaho State Leadership Conference
 - April 11-13, 2013
- 2013 HOSA National Leadership Conference
 - June 26-29, 2013

Things To Do:

By Brianna Bartholomew

1. Register for state
2. Fundraise for state and national events
3. Perform community service
4. Get your HOSA uniform

Presidential Update:

By Ethan Mainini

Greetings and salutations, compatriots. As you know, our state conference is fast approaching. This means hours have been spent studying, meticulously cleaning HOSA uniforms, and daydreaming about the day when we all are finally together again (or is that just me?). To sum it all up, I am so very excited to see all of your wonderful faces again, and I hope you are all just as excited as I am.

As to what I have been up to these past few months, some of my time was spent in our glorious state capital, of Boise. During that short time, I froze my toes off as we walked from the capitol building to a luncheon meeting to discuss Professional-Technical Education Programs. This luncheon included the attendance of multiple deans of Idaho's colleges, a few members of Congress, and members of the medical profession. Lieutenant Governor Brad Little, who also attended the luncheon, declared that the month of February would be Professional-Technical Education Month. Afterwards, I was able to walk through our capitol and learn more about Idaho's history.

Whether this is your first or last time competing, always remember to do your best. Experiences like these last for a lifetime. So have fun, work hard, and keep building a better YOU!

Joanne's Update:

By Joanne Clovis

State Leadership is almost here! The theme for the conference is "HOSA- Build a Better You- One Piece at a Time". We have a great program planned with an entertaining keynote, events and competitions, many interesting breakouts, great entertainment, and field trip opportunities! We also have confirmation that we will have a National HOSA Officer, Darby Lacey, Region I Vice President, from Montana coming! Darby is very excited about joining us for the entire conference. She will also be providing one of the breakouts.

It will be great to see you in Boise in April!

Joanne Clovis, State HOSA Advisor

When should you have your first cholesterol screening

- A. At age 10.
- B. At age 20.
- C. At age 35.
- D. At age 40.
- E. It depends on your risk factors..

Trivia: By Paul Grigg

HOSA: Building a
Better you!



A Child's Struggle Inspires Drive for Cure: Spotlight of Events:

By Mariah Southwick

In New York, a young girl named Rafi Kopelan is battling an excruciating rare disease called epidermolysis bullosa or EB. This child looks like a normal 5 year old, except for the fact that she is covered in painful, open blisters. This genetic disease causes her skin to break down in response to the slightest friction. Thus how she came to acquire all of her sores. Not only does this disease affect her external health, but her internal health as well. EB damages her organs, heart, eyes, teeth, and esophagus. No part of her body is left unmarked by this disease.

Parents, whose kids are in the same class with Rafi, took pity on the child. They decided to take things into their own hands and to start fundraising to help find a cure for this now known incurable disease. Last year was the first year that the parents held Rafi's Run, raising \$200,000 for Dr. Jakub Tolar who is researching rare diseases like EB. This year, they are hoping to raise the same amount of money and place that money into the hands of researchers again. The good thing is that even if they can't find a cure for EB, their research may help find cures for other more common diseases.

Citation: Blakeley, Erin. "A child's struggle inspires drive for cure." CNN. Cable News

By Bryce Hendrickson

This year in HOSA we had many changes to our events. Some of our titles have changed:

- Public Health Emergency Preparedness: **Public Health.**
- National Recognition Program: **National Recognition Portfolio.**
- Chapter Newsletter: **HOSA Happenings: Multimedia Chapter.**

Also Guidelines have been updated and changed a little.

- Sample Test Questions have been added to the guidelines.
- Public Health lost 1 minute of preparation time.
- Concepts of Health Care was replaced by Medical Law and Ethics in the Knowledge Test.

Please read your guidelines and bring a copy when you come to compete.

Word of the Month: By Blake Mansfield

Fahr syndrome: A rare, inherited, progressive brain disorder that is characterized by involuntary movements, prolonged muscle contractions, dementia, abnormal deposits of calcium in the basal ganglia and cerebral cortex of the brain. The gene that is responsible for Fahr syndrome has been mapped to chromosome 14. There is no cure for Fahr syndrome.

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Healthy Laugh: By Paige Zohner

A man hasn't been feeling well, so he goes to his doctor for a complete checkup. Afterward, the doctor comes out with the results. "I'm afraid I have some very bad news," the doctor says. "You're dying, and you don't have much time left."

"Oh, that's terrible!" says the man. "Give it to me straight, Doc. How long have I got?"

"Ten," the doctor says sadly.

"Ten?" the man asks. "Ten what? Months? Weeks? What?"

"Nine.. eight... seven..."

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Trivia Answer:
B. Age 20